

PRESS RELEASE

THE RUBIN MUSEUM OF ART ANNOUNCES
NEW PODCAST “AWAKEN,”
TO PREMIERE JUNE 8

10 EPISODES HOSTED BY LAURIE ANDERSON

Featuring stories of transformation from **Aparna Nancherla**,
Alok Vaid-Menon, **Tara Brach**, **Amanda Palmer**, and more.



New York, NY, June 2, 2021 — On **June 8**, the Rubin Museum of Art will launch its newest podcast, “**AWAKEN**,” hosted by acclaimed musician and performance artist **Laurie Anderson**. “**AWAKEN**” explores the dynamic path to awakening and what it means to “wake up.” Inspired by the Rubin’s current exhibition “**Awaken: A Tibetan Buddhist Journey Toward Enlightenment**,” on view through January 3, 2022, the ten-episode podcast series takes listeners on a journey with personal stories from diverse guests who have experienced a shift in their awareness, and as a result, their perspectives on life. Each episode features one guest and uses artworks from the exhibition as a jumping off point to better understand their path and where they are headed.

Guests include comedian **Aparna Nancherla**; gender non-conforming writer, performer, and public speaker **Alok Vaid-Menon**; psychologist, author, and teacher of meditation, emotional healing, and spiritual awakening **Tara Brach**; master birth doula and world-renowned wellness leader **Latham Thomas**; musician, songwriter,

and best-selling author **Amanda Palmer**; artist **Tsherin Sherpa**; best-selling author, activist, and Buddhist Teacher **Lama Rod Owens**; hospice and palliative medicine physician and author **BJ Miller**; medicine woman of Seminole heritage and traditional Cheyenne training **Patricia James**; and Tibetan Buddhist master **Yongey Mingyur Rinpoche**.

“Enlightenment is a topic at the heart of the Rubin Museum’s collection. It’s even the focal point of an entire exhibition currently on view in our galleries,” says Dawn Eshelman, Head of Programs at the Rubin Museum. “With the podcast, we wanted to bring a human scale to the sometimes intimidating concept of enlightenment, with voices from a variety of perspectives—both religious and secular—that offer very different, personal examples of what awakening can feel like. These stories are meant to be relatable, inspiring, and sometimes provocative, exploring what it takes to ‘wake up.’ From taking risks, to asking for help, or finding authenticity and belonging in expected ways—these stories highlight that awakening can come in different forms throughout a lifetime, from life-changing epiphanies, quiet moments of awareness, and everything in between.”

Following the release of the first two episodes on June 8, subsequent episodes will be released weekly and available for streaming on major podcast platforms, including Apple Podcasts, Spotify, and TuneIn, as well as at **RubinMuseum.org/AwakenPOD**.

Episode 1: Facing Chaos with Comedian Aparna Nancherla
June 8, 2021

Episode 2: Our Divine Nature with Writer Alok Vaid-Menon
June 8, 2021

Episode 3: Finding a Path with Meditation Teacher Tara Brach
June 15, 2021

Episode 4: Preparing for a Journey with Doula Latham Thomas
June 22, 2021

Episode 5: Seizing Darkness with Musician Amanda Palmer
June 29, 2021

Episode 6: Bridging the Sacred and Mundane with Artist Tsherin Sherpa
July 6, 2021

Episode 7: Befriending Your Ego with Lama Rod Owens
July 13, 2021

Episode 8: Dying Is Living with Palliative Care Doctor BJ Miller
July 20, 2021

Episode 9: Integration with Medicine Woman Patricia James
July 27, 2021

Episode 10: Awakening with Yongey Mingyur Rinpoche
August 2, 2021

PRODUCTION CREDITS

AWAKEN is produced by the Rubin Museum of Art with Vincent Baker, Dawn Eshelman, Jamie Lawyer, Sandrine Milet, Elena Pakhoutouva, and Dawnette Samuels. It was produced in collaboration with Sound Made Public, with Tania Ketenjian, Katie McCutcheon, and Philip Wood.

All music for AWAKEN was created by Blue Dot Sessions, Podington Bear, Tendinite, and Siddhartha Corthus.

Awaken: A Tibetan Buddhist Journey Toward Enlightenment exhibition is organized by the Virginia Museum of Fine Arts. Curated for the Rubin Museum of Art by Elena Pakhoutova, Curator of Himalayan Art, Rubin Museum of Art.

SUPPORT

AWAKEN podcast is supported by Barbara Bowman, the Ellen Bayard Weedon Foundation, The Prospect Hill Foundation, Bob and Lois Baylis, public funds from the New York City Department of Cultural Affairs in partnership with the City Council, and by the New York State Council on the Arts with the support of Governor Andrew M. Cuomo and the New York State Legislature, as well as by generous donations from the Museum's Board of Trustees, individual donors, and members.

AWAKEN is sponsored by Tricycle: The Buddhist Review, a print and digital magazine dedicated to making Buddhist teachings broadly available.

ABOUT THE RUBIN MUSEUM OF ART

The Rubin Museum explores and celebrates the diversity of Himalayan art, ideas, and culture across history and into the present. With its globally renowned collection, the Rubin fosters understanding and appreciation of this extraordinary region by connecting its art and ideas to contemporary issues that are relevant in our visitors' lives today. Largely inspired by the philosophical traditions of Buddhism and Hinduism, the Rubin offers innovative exhibitions and programs that examine provocative ideas across the arts and sciences. In doing so, the Museum serves as a space for reflection and personal transformation, opening windows to inner worlds so visitors can better navigate outer ones.

www.RubinMuseum.org

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Image caption: Left to right, top to bottom: Laurie Anderson, Aparna Nancharla, Alok Vaid-Menon, Tara Brach, Latham Thomas, Amanda Palmer, Tsherin Sherpa, Lama Rod Owens, BJ Miller, Patricia James, Yongey Mingyur Rinpoche